Why use this form?

This form can help you to reflect on and record developments that you and others have taken forward in your care setting in order to:

- Support your own professional reflection
- Share learning and impact with others (staff, relatives and residents, external visitors, inspectors)
- Encourage discussion about other impacts that the development may have made.

Storytelling can be transformative!

Use the form to tell a story giving as much detail as you can to allow others to really understand the difference it has made. For instance:

a. Rather than writing “I learnt a lot about myself” — offer detail about what you learnt about yourself — “I feel the need to be in control and have learnt to step back rather than rushing in”
   b. Rather than “residents seem happier” — explain in what way you know this... i.e “residents seem happy as they are coming through to join people in the sitting room now”

You may not be able to complete this at one time but you can go back to it and add further reflections and outcomes.

Send My Home Life your stories!

My Home Life wants to share the great work that care settings are doing to support quality of life. Do send us a copy of your stories at the following address:

Freepost MY HOME LIFE